



## How to protect yourself from holiday scams

by **AARP**

The holiday season brings the blessings of gift-giving, good cheer and time with family and friends. It also brings plenty of opportunities for cybercrooks to spoil your celebrations. A few scams are specific to the holidays, but most are variations on everyday frauds, ramped up to match seasonal spikes in spending and web traffic. With a little preparation and vigilance, you can lessen your chances of being victimized.

Not surprisingly, holiday scams often center on shopping, especially online. Sixty percent of consumers take to the internet to buy holiday gifts, according to a Deloitte survey. As real retailers roll out their seasonal deals, cybersecurity company ZeroFOX says, scammers seek to snare bargain-hunting shoppers with bogus websites and, increasingly, social media campaigns that impersonate major brands, especially in fashion, tech and sporting goods.

These “spoofing” sites and fake posts entice you to spend money for products you’ll never receive. Further, many are vehicles for harvesting credit card numbers and other personal data that fraudsters use to

commit identity theft or sell on the Dark Web. Scammers may distribute malware-loaded links or attachments via supposed coupon offers or “order confirmation” emails asking you to verify an order you never placed. Frauds involving gift cards the No. 1 item on holiday wish lists, according to National Retail Federation research, also shift into high gear during the holidays.

### Other hallmarks of the season provide grist for grifters:

- **Charity scams:** Thirty percent of giving to nonprofits is done from #GivingTuesday (the Tuesday after Thanksgiving) through New Year’s Eve, fundraising software company Network for Good reports. That means more sham charities exploiting Americans’ goodwill via fake websites and pushy telemarketers.

- **Delivery scams:** As holiday packages crisscross the country, scammers send out phishing emails disguised as UPS, FedEx or U.S. Postal Service notifications of incoming or missed deliveries. Links lead to phony sign-in pages asking for personal information, or to sites infested with malware.

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## Donations for senior citizen holiday gift drive continues

Davis County Health Department’s Senior Services is holding a gift drive to help make the holidays a little brighter for senior citizens who may be alone this holiday season or not have the financial resources to celebrate this year.

There are many who are in need of gift cards for groceries. Gift cards to local grocers and stores are greatly appreciated. Other items needed may include bath soap,

shampoo, laundry soap, dish soap, towels, blankets, socks, and other items that may get day-to-day use. Gift request will not exceed \$50.

Please turn in all gifts unwrapped or in an open gift bag. The deadline to turn in gifts is Friday, Dec. 13, by 5 p.m., to the Davis County Health Department (22 South State Street, Clearfield) or at one of the county’s three senior activity centers:

- **Central Davis Senior Activity Center,** 81 E. Center Street, Kaysville

- **North Davis Senior Activity Center,** 42 South State Street, Clearfield

- **South Davis Senior Activity Center,** 726 S. 100 E., Bountiful

For more details or to receive a specific gift request, contact Priscilla Angulo at 801-525-5087 or email her at [pangulo@daviscountyutah.gov](mailto:pangulo@daviscountyutah.gov).

## Events in December

### Central Davis Senior Activity Center

81 East Center Street, Kaysville (801-444-2290)

**M/W/F - EnhanceFitness**  
9:30 a.m.

**W/F - Qigong** 12 p.m.

**5 - Food pantry**

**12 - Candlelight Christmas trip**  
4:30 p.m.(sign-up required)

**23 - Candy Christmas lunch**  
11 a.m.

**25 - Closed for Christmas**

**31 - New Year’s Eve dance and live band** 12 p.m.

### South Davis Senior Activity Center

726 South 100 East, Bountiful (801-451-3660)

**M/W/F - EnhanceFitness** 8 a.m.  
**M/W - Bingo** 12:30 p.m.

**T - Tai Chi for Arthritis and Fall Prevention** 9:30 a.m.

**5 - Christmas Carol sing-a-long**  
10:30 a.m.

**10 - Christmas brunch** 10:30

a.m. (no lunch served)

**12 - Foot clinic** 9:30 a.m.

**23 - Children’s Violin Concert**  
11:45 a.m.

**25 - Closed for Christmas**

### North Davis Senior Activity Center

42 South State Street, Clearfield (801-525-5080)

**M/W/F - Bingo** 12:30 p.m.  
- Texas Hold’Em poker  
12 p.m.

**M/W/F - EnhanceFitness**  
2:15 p.m.

**T/TH - Tai Chi for Arthritis & Fall Prevention** 10:15 a.m.

**M/W - Arthritis Foundation Exercise Program** 10:15 a.m.

**6 - Elementary school Christmas recital** 11 a.m.

**13 - Utah Military Academy performance** at 11:15 a.m.

**19 - Scrooge Day!**

**23 - Christmas party with entertainment by the Hale Family Fiddlers** at 11 a.m.

**25 - Closed for Christmas**

See more at [daviscountyutah.gov/seniors](http://daviscountyutah.gov/seniors)

## Workshops



### Living Well with Chronic Conditions workshops

Do you want to decrease your pain, improve your doctor visits, and enjoy life more? Living Well with Chronic Conditions is being offered in Davis County. The workshop is 2 1/2 hours, once a week for six weeks. Anyone with an ongoing condition can come. Chronic conditions include asthma, arthritis, chronic joint pain, fibromyalgia, cancer, diabetes, kidney disease, high blood pressure, high cholesterol, heart failure, COPD or emphysema, depression, or others. Two trained leaders, one or both with a chronic disease lead the workshop with engaging group participation. The workshop is free with the option to purchase the book for \$15.

**Subjects covered include:**

- Techniques for frustration, fatigue, pain and isolation

- Appropriate exercise to maintain and improve strength
- Appropriate use of medications
- Good nutrition
- Communicating effectively with family, friends and health professionals
- How to evaluate new treatments

**Start dates:**

- Wade Family Medicine in Bountiful, Jan. 7, 6-8:30 p.m.
- Syracuse Community Center, Jan. 10, 10 a.m.-12:30 p.m.
- Davis County Health Department in Clearfield, Feb. 20, 6-8:30 p.m.

Registration is required through [www.livingwell.utah.gov](http://www.livingwell.utah.gov) or by calling 801-525-5087.

## Classes

### Caregiver Academy classes begin this January

The Caregiver Academy is a free series of classes that assist family and community caregivers in developing the skills needed to manage an in-home care environment. The once a week classes begin Wednesday, Jan. 15, 2020, and meet 11 a.m.-12:30 p.m. for six weeks at the University of Utah Health Center in Farmington (165 North University Avenue, Farmington). Each participant receives a free Managing Care Guide.

**Schedule:**

- Wednesday, Jan. 15: Finding Caregiver Resources
- Wednesday, Jan. 22: Building Caregiver Resilience
- Wednesday, Jan. 29: Setting Good Care Boundaries
- Wednesday, Feb. 5: Involving Family and Others
- Wednesday, Feb. 12: Managing Difficult Behaviors
- Wednesday, Feb. 19: Understanding Care Options

Call Davis County Health Department's Senior Services at 801-525-5050, Option 5, to register for the upcoming session. Registration is required. Space is limited.

## SCAMS

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- Travel scams: Going home for the holidays carries risks other than family feuding. Spoof booking sites and email offers proliferate, with travel deals that look too good to be true and probably are.
- Letter from Santa scams: A custom letter from the jolly old elf makes a holiday treat for the little ones on your list, and many legitimate businesses offer them. But so do many scammers looking to scavenge personal information about you or, worse, your kids or grandkids, who may not learn until many years later that their identity

was stolen and their credit compromised.

**Warning Signs**

- Huge discounts on hot gift items, especially when touted on social media posts or unfamiliar websites.

- Spelling errors or shoddy grammar on a shopping website or in an email.
- A shopping or travel site does not list a phone number or street address for the business and offers only an email

address or a fill-in contact form.

- A site does not have a privacy policy.
- An unsolicited email asks you to click on a link or download an app to access a deal or arrange a delivery.

The logo for VisitingAngels, featuring the company name in a stylized font with a dove icon and the tagline "LIVING ASSISTANCE SERVICES".

### Senior Homecare by Angels

[VisitingAngelsUtah.com](http://VisitingAngelsUtah.com)

• Joyful Companionship	• Light Housekeeping	• Errands & Shopping
• Medication Reminders	• Respite Care	• Dementia/Memory Care
• Hygiene Assistance	• Mobility Assistance	• End of Life Care

801-820-5874 • Now Hiring Caregivers

A photograph of two women smiling. One is an older woman with short brown hair, and the other is a younger woman with blonde hair, wearing a VisitingAngels uniform.

## Riley Court Apartments

**FEATURES:**

- Elevators
- Great Room
- Secure
- Social Activities
- Dish TV

**CURRENTLY AVAILABLE:**

- Two Bedroom/Two Bath

**“Life Is Easier Here”**  
*Independent Senior Community (age 55+)*

A photograph of an older man and a woman embracing warmly.

517 S. 100 E., Btfl.  
801-557-4179 or 801-296-0470